

Breathe Again

*18 Allergies You Never Thought
You Had and What We Can Do
About Them*

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Introduction

What are allergies? According to Wikipedia: “An allergy is a hypersensitivity disorder of the immune system.” Symptoms include red eyes, itchiness, a runny nose, eczema, hives, or an asthma attack.

Allergies by the numbers:

It is estimated that approximately 1 in every 5 people have allergies of some kind.

- Allergies rank 5th among other leading chronic diseases in the U.S.¹
- One estimate of the annual cost of allergies to the health care system and businesses in the U.S. is \$7.9 billion.
- The number of workdays lost each year as a result of hay fever: 4 million.
- The number of weeks by which the ragweed pollen season has increased (lengthened?) in the last 10 to 15 years, likely as a result of global warming: 4 weeks.
- The likelihood that a child with one allergic parent will develop allergies: 33%.
- The likelihood that a child with two allergic parents will develop allergies: 70%.
- The number of ER visits in the U.S. caused by food allergies each year: 30,000.

¹ Courtesy of WebMD.com

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- The percentage of our lives that we spend indoors: 90%.
- The degree by which levels of indoor pollution in U.S. homes exceed levels of outdoor pollution: two to 100 times, depending on factors such as whether the residents smoke.
- The percentage of U.S. households with one or more dogs: 39%.
- The percentage of U.S. households with one or more cats: 33%.
- The percentage of all U.S. households with detectable levels of dog and cat dander: 100%.
- The percentage of people in the U.S. that have asthma: 8%.
- From 2001 through 2009, asthma rates rose the most among black children, almost a 50% increase.
- On average, in 2008 children missed 4 days of school and adults missed 5 days of work because of asthma.
- Percentage of people hospitalized for asthma who are children: About 44%.
- Number of people with chronic allergy-like symptoms including runny nose, congestion and cough that are instead suffering from non-allergic rhinitis: 1 out of 3.

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Knowing you're not alone when it comes to allergies is no real consolation. Wanting to do something about those allergies beyond constantly taking antihistamines is where we at "No Allergies Please" can help.

I wanted to congratulate you and welcome you to our book of what "No Allergies Please" is all about. This book is all about whether you are an allergy sufferer or know someone who is.

Let me begin by asking you three questions: 1. What frustrates you the most about allergies? 2. Why do you think we have allergies? 3. What would it mean to you if you could do something about them right now?

Before I begin let me give you a brief guide as to who I am and why I'm so passionate about the system. I was born in Canada by two parents who really had to work hard at their chosen professions. My Dad was freshly out of school and my mother had me to feed. It was at about the age of 2 that my parents decided to go back to Singapore, where I lived there for about 5 years.

At around the age of 7, I was a young boy who came to Canada. I was so ecstatic with arriving at a new country that it was difficult to contain my excitement. My parents really built Canada up for me, such as the easier school system, as I knew my

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entire 12-times table at the age of 7! Also, the snow that will fall to the ground (remember that I lived on the Equator over the last 5 years!!!)

Arriving in Canada was a blessing in disguise. It just seemed like my cousins and I were having too much fun!

Then at the age of 13 I discovered tennis. I played 7 days a week and usually about 3-4 hours each time. Everything was going fantastically well, then at the age of 13 came my first snuffle. Then came my first full blown sneeze, and again, and again.

My parents, not knowing any better, had brought me to the doctor's office. He took one look at me and had confidently replied that this must be allergies and not a cold, especially for the amount of time that it lasted for – two months!!!

So, the doctor then prescribed two absolutely lethal drugs for me and these were Chloro-Tripolon and Actifed, which I don't think are on the shelves anymore. Whenever I felt the allergies come on, I would be compelled to using the drugs, which knocked me out for approximately 2 hours. It's not very nice when you can't enjoy two of the most beautiful months in Canada.

My allergies kept getting worse, not better, to the point that I had to bring tissue paper with me

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everywhere. It all seemed to culminate at a company where I was doing a contract position. Once the allergies came they got caught inside of the company's cooling system. And they would just circulate around and around. I remember missing company meetings and even taking days off of work because the allergy symptoms were that bad.

It was driving me crazy! Down and out, I thought that this would be a matter of life living in Canada, that is, until my wife got a hold of this allergy symptom removal program. I latched on to this program and it has changed my life.

No longer do I hide out during the months of May and June, but instead, I enjoy the fresh breeze outside. Yes, indeed, I was victorious over my allergy symptoms and the same can be true for you!